

Cultiver Et Utiliser Les Plantes Medicinales

Plantes médicinales et médecine traditionnelle d'AfriqueLes plantes médicinales dans l'art et l'histoireHerbier ou collection des plantes médicinales de la ChineLes plantes médicinalesEndobiogénie et plante médicinaleLes plantes médicinales et leurs propriétésNouveau dictionnaire des plantes medicinalesLes plantes médicinales au VietnamLes plantes médicinales indigènes et exotiquesLes plantes médicinales du Midi de la FranceLes plantes médicinalesLes plantes médicinales et usuelles de nos champs, jardins, forêts: description et usages des plantes comestibles, suspects, vénééneuses, employées dans la médecine, l'industrie et dans l'économie domestiqueLes plantes medicinalesLes Plantes Médicinales Et Aromatiques MarocainesLes plantes médicinalesLes plantes médicinalesLes plantes médicinalesGuide pratique de phytothérapieLes Plantes médicinales et toxiques de la Guyane FrançaiseLes plantes médicinales et usuelles des champs - jardins - forêts Abayomi Sofowora Pierre Joseph Buc'hoz Penelope Ody Francis Alliot Willi Schaffner Auguste Heraud Georges Dujardin-Beaumetz Jules Bel Y. Trouard-Riolle Hippolyte Rodin Penelope Ody Mohammed Hmamouchi Bérangère Arnal-Schnébelen Émile Perrot Catherine Monnier Edouard J. Adjanohoun Edouard Heckel Hippolyte Rodin

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depuis la préhistoire l'être humain recherche dans son environnement plantes animaux pierres esprits de quoi soulager ses maux et traiter ses blessures la médecine moderne occidentale a rejeté la plupart de ces recours pour développer des médicaments chimiques et une technique de soins sophistiquée elle continue cependant d'utiliser

certaines remèdes à base de plantes médicinales une tendance récente conduit même à rechercher dans les plantes de nouveaux produits de substitution pour certaines maladies cancer paludisme plus de 200 000 espèces végétales sur les 300 000 recensées de nos jours sur l'ensemble de notre planète vivent dans les pays tropicaux d'Afrique et d'ailleurs l'histoire de la médecine montre l'importance de ces espèces dans les thérapies toutes les sociétés traditionnelles ayant puisé pour leurs soins de santé dans cette pharmacopée végétale d'une très grande richesse l'auteur Abayomi Sofowora met en valeur les avantages et les inconvénients de cette médecine traditionnelle il examine par exemple les techniques utilisées et les problèmes de normalisation et de dosage

cet ouvrage de 240 pages magnifiquement illustré de plus de 350 photographies en couleurs et de très nombreux dessins de botanique a été entièrement remis à jour et abondamment enrichi de nouvelles informations à la fois encyclopédique et pratique très clair accessible à tous il présente quelque 150 plantes et herbes aux vertus curatives chacune d'entre elles est minutieusement décrite et vous y découvrirez ses actions thérapeutiques ses propriétés et ses utilisations domestiques le livre réunit les anciennes traditions de l'herboristerie universelle et leurs applications par les praticiens contemporains des maux de tête aux éruptions cutanées il ne propose pas moins de 300 remèdes sains et efficaces agissant sur la plupart des affections courantes ce guide qui fait autorité depuis plusieurs années renouvelle l'approche et la vision de l'une des formes les plus anciennes de la médecine naturelle

cet ouvrage explore au moyen de la physiologie qui permet de comprendre le vivant dans son ensemble les fondements de la structure et de la fonctionnalité du vivant dans sa diversité allant de l'homme au végétal jusqu'au bactérien et au viral le vivant est composé d'éléments aux structures et fonctions multiples et imbriquées dans le cas de l'organisme humain l'apport de l'endobiogénie permet de discerner les relations entre les éléments du tryptique structure fonction information cette pratique s'appuie sur la théorie neuro endocrine initiée par le Dr Christian Durauffourd elle est fondée sur le respect durable de l'organisme humain dans sa dynamique propre et offre des outils thérapeutiques essentiellement d'origine végétale À travers les 13 chapitres qui le composent l'ouvrage donne ainsi un éclairage sur les interactions entre la physiologie humaine ses symptômes pathologiques et les possibilités thérapeutiques offertes par la plante médicinale dont l'étude fait l'objet du dernier chapitre

voici un guide pratique qui vous permettra de connaître et d'utiliser au mieux les plantes médicinales et la phytothérapie 200 plantes classées par ordre alphabétique de nombreuses illustrations dessins et photos et une description botanique précise pour chaque plante une fiche d'identité ainsi que ses propriétés reconnues les affections qu'elle soigne son mode d'utilisation et les éventuelles précautions à prendre un dictionnaire des médicaments répertoriés par types de maladies et un glossaire illustré

pour avoir une information claire et exhaustive le livre indispensable pour se soigner avec les plantes

de tout temps l'homme a utilisé les plantes médicinales pour le meilleur et pour le pire de certaines il a extrait des poisons pour chasser ou guerroyer mais il a aussi très tôt observé leurs propriétés et compris les bienfaits qu'il pouvait en tirer l'art de soigner avec les plantes traverse ainsi les siècles les cultures et les continents comme toutes les ressources naturelles les plantes médicinales sont devenues un sujet d'étude et de convoitise de culture et d'exploitation industrielle mais le parcours entre la plante et le médicament entre le classeur d'espèces inconnues et les robots pharmaceutiques est long et semé d'embûches de fausses pistes d'heureuses surprises aussi c'est à cette aventure en forme de dialogue éternel entre l'homme et la nature que nous invite l'auteur un voyage où le spectre de la maladie s'efface derrière le talent des chercheurs et la magie du monde végétal

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